

# SPRING *Into* SUMMER

## *Health & Fitness Challenge*



Hey All,

Summer is just around the corner...guys I know you wanna show off those washboard abs in that speedo...ladies wouldn't you like to turn heads in your two piece this summer...the Spring Into Summer Health & Fitness Challenge is here! It's time to make that commitment and dedicate yourself to become more active and healthier lifestyle. The Spring Into Summer Health & Fitness Challenge is here to encourage and promote exercise and healthy eating habits.

You will work in a team of 2 to help motivate and be accountability to each other along the way. The Spring Into Summer Health & Fitness Challenge begins on Monday May 20, 2013 and last for 10 weeks.

PRE-CHALLENGE ASSESSMENT will be the week of May 6<sup>th</sup> to the 17<sup>th</sup>. Your WEIGHT, BODY FAT % and WAIST MEASUREMENT will be recorded at the pre-challenge assessment. We ask that you wear workout attire at your pre-challenge assessment.

Challenge will begin Monday May 20 and end on July 28, 2013

Registration for the 2013 Spring Into Summer Health & Fitness Challenge begins Monday May 6<sup>th</sup> and ends on Friday May 17<sup>th</sup>.

Please call 480-362-7320 for more information.

